



Content available at: <https://www.ipinnovative.com/open-access-journals>

Indian Journal of Obstetrics and Gynecology

Journal homepage: www.ijogr.org



From the Editors Desk ...

“Let the light of the Diyas guide your path towards success and prosperity. Warmest wishes for a blessed Diwali”

Dear readers,

Greetings!

Welcome to Forth issue of IJOGR ...and world of academics... Volume 11, issue 4, October-December 2024.

Indian journal of obstetrics and gynecological research is an attempt to give pen to researchers, academicians, and residents to give words to their thoughts....

We have tried to accommodate from research article to case study- a whole bunch of bouquet.

Here in this issue, we have ...

Review and Original Research Article from all over India as well as international....

Review Articles.....

Infertility affects millions of women worldwide and can lead to increased levels of stress and anxiety, impacting overall well-being and quality of life. Relaxation techniques, such as Mindfulness-Based Stress Reduction (MBSR), Yoga, Progressive Muscle Relaxation Technique (PMR), and Guided Imagery, have emerged as potential interventions to alleviate emotional distress in infertile women. A comprehensive review of the existing literature is needed to assess the effectiveness of these techniques in addressing stress and anxiety in the context of infertility.

Effects of relaxation techniques in reducing stress and anxiety among infertile women: A systematic review by Priyanka Chaudhary et al from Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.

In today's informative age, producing a well-structured scientific paper is critical for ensuring that research is read, well understood, and valued. This work focuses on the key components of a modern scientific article, providing practical advice on structure, writing, and formatting in the classical IMRAD style (Introduction, Methods, Results, and Discussion). By following this methodology and resolving frequent issues, researchers can create clear and impactful papers that stand out in a academic orbit.

Target writing for a scientific paper: When you begin writing about your research, begin with a specific target journal in mind. The ability to accurately describe ideas, protocols/procedures, and outcomes are the pillars of scientific writing.

Critical approach for drafting scientific paper procedures & practice by Nikita Paliya et al from Integrated Institute of Medical and Health Sciences - IIMHS, Delhi, India Edenwell Therapeutics, Mumbai, Maharashtra, & IP Innovative Publication Pvt. Ltd, Delhi, India.

Thrombocytopenia, characterized by reduced platelet count, is a hematological disorder that can manifest during pregnancy. The intricate physiological changes of pregnancy and underlying medical conditions contribute to the complexity of thrombocytopenia, impacting both maternal health and fetal outcomes.



Exploring the patterns of thrombocytopenia in pregnancy: unravelling implications and outcomes by Manju Mathesan et al from Dept. of Obstetrics and Gynaecology, Saveetha Medical College, Chennai, Tamil Nadu, India.

Original Research Article are

Among the chromosomal aneuploidies Down syndrome is the most common type. This study was conducted to detect the frequency of chromosomal abnormalities in the paediatric patients in one year duration at a tertiary care centre.

Chromosomal aneuploidies: A tertiary care center study by Manisha B Sinha et al from Lab of Molecular and Cytogenetics, Dept. of Anatomy, Dept. of Neonatology, and Dept. of Obstetrics and Gynecology, All India Institute of Medical Sciences, Raipur, Chhattisgarh, India.

Accurate gestational age is crucial for obstetric care, pregnancy management, and preterm labor decisions. Ultrasound, based on fetal biometric parameters, is a reliable method for this purpose. This study aims to estimate gestational age in the third trimester using ultrasonographic methods, focusing on fetal kidney length. Gestational age is estimated in the third trimester by measuring fetal kidney length and comparing it with gestational age derived from other biometric parameters (bi-parietal diameter, head circumference, abdominal circumference, and femur length) and the last menstrual period (LMP).

Pregnancy dating: Determining gestational age through fetal kidney length-what do we observe? By Fathimathul Jusna Kalliyil et al from Dept. of Obstetrics and Gynaecology, Malabar Medical College Hospital and Research Center & Aster MIMS, Kozhikode, Kerala, India.

Infertility is an illness recognised by the World Health Organisation (WHO) that refers to the inability to achieve a clinical pregnancy after engaging in regular, unprotected sexual intercourse for a period of 12 months or more. The incidence of primary infertility in India ranges from 3.9% to 16.8%. Hysteroscopy has emerged as a crucial technique for diagnosing infertility, providing a direct view of the uterine chamber to detect any possible abnormalities. The objective of this research is to analyse the use of diagnostic hysteroscopy (DHL) in the evaluation of infertility.

An observational study of diagnostic hysteroscopy for evaluation of infertility at a tertiary care hospital by Mathe Anusha et al from Dept. of Obstetrics and Gynaecology, Akash Institute of Medical Science & Research Centre, Bengaluru, Karnataka, India.

The medical speciality of Obstetrics and Gynecology is widely recognized as a demanding and challenging field within the healthcare profession. Medical professionals in this speciality often encounter extended and irregular working hours, unforeseeable delivery outcomes, the possibility of complications during childbirth, and the tragic occurrence of maternal deaths. These demanding circumstances can contribute to significant physical and mental fatigue among practitioners. Notably, this field is predominantly chosen and practiced by female physicians in the northern region of India. Research has indicated that the demanding nature of obstetrics and gynaecology residency training often leads to severe burnout, with residents frequently encountering a multitude of stressors. A study conducted at the Medical College of Wisconsin sought to evaluate the occurrence of secondary traumatic stress in this field. The findings revealed that a significant 73% of respondents reported experiencing symptoms of traumatic stress, linking it to their involvement in adverse medical events.

What are the primary stressors faced by Obstetrics and Gynaecology residents? Do their coping strategies align with adaptability or maladaptability, as per the Brief COPE assessment? By Shikha Madan et al from Dept. of Obstetrics and Gynaecology, Pandit Bhagwat Dayal Sharma Post Graduate Institute of Medical Sciences, Rohtak, Haryana, India.

Fetal growth restriction (FGR) refers to a condition in which a fetus is unable to achieve its genetically determined potential. A ratio of TCD /AC which is gestational age independent is very useful in predicting FGR. This prospective comparative study compared trans-cerebellar diameter / abdominal circumference versus head circumference / abdominal circumference in predicting fetal growth restriction.

Transcerebellar diameter / abdominal circumference (TCD/AC) versus (HC/AC) head circumference / abdominal circumference — USG prediction of fetal growth restriction? What do we observe in north Kerala, India by Ambika Premarajan et al from Dept. of Obstetrics and Gynecology, Malabar Medical College Hospital and Research Centre & Aster MIMS, Kozhikode, Kerala, India.

Placenta accreta spectrum (PAS) is an abnormally implanted placenta with trophoblastic invasion into the uterine myometrium, uterine serosa, urinary bladder and lateral pelvic wall. It is a consequence of abnormal endometrial- myometrial interface causing defective decidualization of the implanted placenta. The important risk-factors for occurrence of PAS are prior uterine surgeries like Cesarean section (CS), myomectomy, hysteroscopic adhesiolysis, uterine curettage, submucous fibroids etc. There has been a dramatic increase in the incidence of PAS worldwide over the last 30 years which is consistent with the increase in CS rates all over the world. The chances of developing PAS in pregnancies following CS increases with the number CS the women undergoes, making CS the most important risk factor. PAS is associated with massive obstetric hemorrhage (MOH) especially in undiagnosed cases where forcible attempts are made for placental delivery.

A 5-years cross-sectional study of risk-factors fetomaternal outcomes in placenta accreta spectrum at single tertiary care centre in South India by Shridevi Chidanand Metgud et al from Dept. of Obstetrics & Gynecology & Dept. of Cardiology, KAHER's Jawaharlal Nehru Medical College, Belagavi, Karnataka, India.

Abortion is defined as the spontaneous and induced termination of a pregnancy before foetal viability. Abortions accounted for one-third of all pregnancies, and nearly half of the pregnancies were unintended. An effective way to prevent the burden of unsafe abortion could be access to safe abortion services. Both surgical and medical methods are available for abortion or the termination of a pregnancy. Thus, we compare the two methods of medical and surgical abortions in this study.

Comparative study of medical vs surgical abortion in the first trimester- which one is better choice? By Sonia Dahiya et al from Dept. of Obstetrics & Gynaecology, PGIMS, University of Health Sciences (UHS), Rohtak, Haryana, India.

Fallopian tube is a pair of hollow, muscular tubes that are located at the upper margin of the uterus's broad ligament on each side of the uterus. The most frequent illness among women in the reproductive age range is salpingitis, where about 11% of females are affected. Para tubal cysts, hydrosalpinx, endometriosis and walthard cell nests are one of the common lesions of the fallopian tubes.

Tubal pathologies in benign hysterectomies by Manvitha Maddurappa et al from Dept. of Obstetrics and Gynaecology, Akash Institute of Medical Sciences and Research Center.

Pipelle aspirator and Dilatation and Curettage (D&C) commonly used to obtain the endometrial sample in patients of abnormal uterine bleed (AUB). This study was conducted to determine the reliability of pipelle device in acquiring an adequate representative endometrial sample when compared to D&C.

A diagnostic value of Pipelle endometrial sampling in comparison with dilatation and curettage among patients with abnormal uterine bleeding by Maheshwari Vaijinath et al from Dept. of Obstetrics and Gynecology, Bidar Institute of Medical Sciences, Bidar, Karnataka, & Dept. of Obstetrics and Gynecology, Karnataka Medical College and Research Institute, Hubballi, Karnataka, India.

People with thalassemia trait should be distinguished from those who have anemia due to iron deficiency since they typically have mild microcytic hypochromic anemia and are mostly asymptomatic.

Evaluation of efficacy of mentzer index for screening of beta - Thalassemia trait in antenatal women by Sukhmanjit Kaur et al from Dept. of Obstetrics and Gynaecology, Sri Guru Ram Das Institute of Medical Sciences, Amritsar, Punjab, India.

Concomitant chemoradiation(CRT) with weekly Cisplatin is presently the treatment of choice for locally advanced cases of carcinoma cervix. Despite it's proven benefit in reducing disease recurrence by as much as 50%, our search is on for further improvement of treatment efficacy.

Aims: This trial was done for comparing the response and toxicity of CRT with weekly Paclitaxel versus weekly Cisplatin in carcinoma cervix with locally advanced staging.

Prospective randomised study comparing concomitant chemoradiotherapy using weekly paclitaxel versus weekly cisplatin in locally advanced carcinoma cervix (FIGO STAGE IB2 –IVA) in a tertiary care hospital by Anindita Saha et al from Dept. of Radiotherapy, R.G. Kar Medical College and Hospital & Dept. of Radiotherapy, Malda Medical College and Hospital, Kolkata, West Bengal, India.

Hypertensive disorder of pregnancy includes new onset hypertension in pregnancy that is gestational hypertension and already existing hypertension that is chronic hypertension and gestational hypertension sometimes worsened by preeclampsia. Preeclampsia can cause complications such as eclampsia, HELLP syndrome, renal failure, pulmonary edema, stroke, and left ventricular failure.

Lactate dehydrogenase as a biochemical marker for prediction of maternal and perinatal outcomes in hypertensive disorders in pregnancy by Neha Kumari et al from Dept. of Obstetrics and Gynaecology, Sri Guru Ram Das University of Health Sciences, Amritsar, Punjab, India.

Pre-eclampsia (PE) remains a significant global health concern, affecting 2-8% of pregnancies and contributing to maternal and perinatal morbidity and mortality. Characterized by hypertension and proteinuria after 20 weeks of gestation, PE often involves systemic inflammation and endothelial dysfunction. Its exact etiology is multifactorial, involving immune dysregulation and vascular abnormalities. Early identification of high-risk pregnant women is crucial to mitigate adverse outcomes. In India, PE affects 8-10% of pregnancies.

Inflammatory markers such as the Neutrophil-to-Lymphocyte Ratio (NLR) and Platelet-to-Lymphocyte Ratio (PLR) have emerged as potential indicators of systemic inflammation. Elevated NLR and PLR levels in PE suggest a role in the disorder's pathophysiology, reflecting immune responses to placental ischemia and pro-inflammatory cytokine release.

Below study aims to compare NLR and PLR levels between PE patients and normotensive pregnant women, evaluate their association with PE severity, and discuss their potential as predictive biomarkers.

The role of neutrophil to lymphocyte ratio and platelet to lymphocyte ratio in determining the severity of pre-eclampsia in antenatal women: A case control study by Madhurya Nagesh et al from Dept. of Obstetrics and Gynaecology, Sri Devaraj Urs Medical College & Dept. of Pathology, Sri Devaraj Urs Medical College, Kolar, Karnataka, India.

Pelvic organ prolapse (POP) is defined as the descent of one or more of the anterior vaginal wall, posterior vaginal wall, the uterus (cervix), or the apex of the vagina (vaginal vault after hysterectomy) Aims and objectives was to describe the clinical profile of utero-vaginal prolapse cases attending a tertiary care institution in North Kerala.

Analysis of clinical profile of uterovaginal prolapse in a tertiary care centre in northern Kerala, India by Shameema Puthuprakkat Puthuprakkat et al from Dept. of Obstetrics and Gynaecology, KMCT Medical College & Dept. of Obstetrics and Gynaecology, Malabar Medical College, Kozhikode, Kerala, India.

Enhanced Recovery After Surgery (ERAS) is an evidence based perioperative program applied for early recovery of patients after surgery to reduce the postoperative surgical stress and hasten early physiological and functional recovery. The present study is focused on application of ERAS protocol in the branch of obstetrics following cesarean sections.

Enhanced recovery after surgery (eras) a multimodal perioperative care pathway in cesarean deliveries by Gorantala Manoghna et al from Dept. of Obstetrics and Gynaecology, Kalinga Institute of Medical Sciences (KIMS), KIIT deemed to be University, Bhubaneswar, Odisha, India.

Anemia during pregnancy is a significant global health concern. This study aims to evaluate the efficacy and safety of Ferric Carboxymaltose (FCM) compared to Iron Sucrose (ISC) in treating mild to moderate iron deficiency anemia (IDA) in pregnant women.

Randomized comparative study between ferric carboxymaltose and iron sucrose for correction of anemia in antenatal women by Sunita T H et al from Sri Dharmasthala Manjunatheshwara College of Medical Sciences and Hospital, Dharwad & Dr B R Ambedkar Medical College, Bangalore, Karnataka, India.

Intrauterine fetal demise (IUFD) is a distressful event with lasting impact and risk of recurrence. However, in majority of cases, the cause remains unexplained. The aim of the present study is to evaluate the histomorphological features of placenta, the findings associated with commonly known etiologies of IUFD and other clues provided by it in establishing the cause of IUFD.

Histopathological evaluation of the placenta: Clues of intra-uterine fetal demise by Tanvi Jha et al from Dept. of Pathology, Atal Bihari Vajpayee Institute of Medical Sciences and Dr. Ram Manohar Lohia Hospital, New Delhi, India.

The labor and delivery process can be stressful for parturient women, especially for primigravida mothers. Birth companions providing massage and emotional support can help make more pleasant birthing experience. This study aimed to assess the impact of back massage by trained birth companions on reducing analgesic use, pain intensity scores, and labor duration.

Evaluating the effects of back massage during labour on delivery outcomes: A prospective study on primigravida mothers by Anitha Moncy et al from Dept. of Obstetrics and Gynaecology, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Uttar Pradesh, Dept. of Paediatrics, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Uttar Pradesh, Dept. of Community Medicine, Mahatma Gandhi Medical College and Hospital, Jaipur, Rajasthan & Dept. of Community Medicine, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Uttar Pradesh, India.

Menorrhagia, defined as excessive or prolonged menstrual bleeding, poses a significant challenge during this developmental stage, potentially impacting the health and well-being of adolescent girls. Despite its prevalence, comprehensive studies on menorrhagia in this specific demographic are scarce. This study aims to address this gap by investigating the underlying causes and treatment outcomes of puberty menorrhagia.

Menstrual challenges in puberty: Investigating menorrhagia in adolescent girls by Akshaya Radhakrishnan et al from Dept. of Obstetrics and Gynaecology, Saveetha Medical College and Hospital, Saveetha Institute of Medical and Technical Sciences, Chennai, Tamil Nadu, India.

Multiple factors affect fetal birth weight (FBW) and fetal well-being. This study aims to evaluate how hypertension affects FBW and the area of Wharton's jelly (WJ). It also seeks to explore the protective properties of WJ by analyzing its relationship with FBW in normal and pre-eclamptic (PreE) pregnancies.

Histomorphometric analysis of Wharton's jelly size in pregnancies with normal and pre-eclamptic conditions, and its relation to baby weight by Rashmi Jain et al from Dept. of Pathology & Dept. of Anatomy, Government Medical College, Satna, Madhya Pradesh, India.

Preeclampsia and eclampsia remain significant challenges in both maternal and perinatal health worldwide, with a pronounced impact in regions such as India, where access to comprehensive maternal care can be limited. The objective of this study was to examine the outcomes for both mothers and babies, along with the complications linked to severe cases of preeclampsia and eclampsia, within a tertiary healthcare facility situated in South India.

Insights into fetomaternal outcomes in pre-eclampsia: A tertiary care center descriptive study By Rajalakshmi Subburam et al from Dept. of Obstetrics and Gynaecology, Saveetha Medical College, Tamil Nadu, India.

The progressive increase in the incidence of caesarean section during the last few decades has been constant worldwide, increasing; at the same time, the indications, many of them unnecessary, resulting in indiscriminate practice, becoming the most frequent surgical intervention performed in health institutions, both private and public. Caesarean section is preferred as an emergency or elective procedure depending on the maternal and fetal conditions. It has been seen that risk of surgical complications is greater with emergency as compared with elective caesarean section.

Comparative study on maternal and fetal outcomes in emergency versus elective caesarean section by C Sunitha et al from Dept. of Obstetrics & Gynaecology, Dept. of Paediatrics & Dept. of Pathology, ACMS & Base Hospital, Delhi Cantt, Delhi, India.

Case series

Systemic lupus erythematosus is a multisystem autoimmune disorder associated with multiple positive antibodies. Reproductive age group women have been found to develop SLE more commonly so than males, and pregnancy is associated with an increased rate of flare ups. The rate of pregnancy loss has decreased from 43% to 17% in recent years due to optimization of treatment and management during pre- pregnancy period. Recent studies have reported that both maternal and foetal outcome are favourable if SLE has been quiescent for at least 6 months prior to pregnancy. The effects of SLE over pregnancy and impact of pregnancy over SLE patients can be managed by optimization of pre-pregnancy treatment and management in antenatal period and follow-up. A multi-disciplinary team approach by an obstetrician, medical specialist and paediatrician for a successful management. Management of SLE to be continued in post-partum period and risk of flares and thrombotic events can be avoided by optimization of treatment in post-partum period till 6 weeks after delivery. Comprehensive maternal and new-born care has improved survival and quality of life outcomes in pregnant patients with SLE. Here, we present a series of three cases of SLE in pregnancy that had successful obstetric outcomes with an interdisciplinary management plan.

Overcoming challenges into miraculous motherhood: successful pregnancy outcomes in patients with SLE: A case series by Manju Mathesan et al from Dept. of Obstetrics and Gynecology, Saveetha Medical College and Hospital, Tamil Nadu, India.

Uterine leiomyoma is the frequently identified benign tumor and its incidence is about 10%-20% in pregnant women. Treatment of myoma during caesarean section remains a debated subject in spite of advancement in medical treatment. A patient who undergoes myomectomy during cesarean section will not require a second operation, anesthetic complications and increased expenditure. Here, we report a series of 8 cases where myomectomy was performed during caesarean section for large anterior lower segment fibroids ranging in size from 4 to 12 cms.

A case series on caesarean myomectomy by Nishitha Gandavaram et al from Dept. of Obstetrics and Gynaecology, Saveetha Medical College and Hospital, Chennai, Tamil Nadu, India.

Endometrial carcinoma is one of the leading gynecological malignancies across the globe. With advent of molecular analysis, establishing an accurate treatment plan and improving patient outcome has become eminent. In resource limited settings like India, surrogate IHC markers like hormonal receptor expression are congruous substitutes that aid to accurately predict patient prognosis. In this case series, expression of hormonal receptors in multiparous women and it's association with patient outcome seen as disease free survival at a span of 2 years was compared. This study opines inclusion of hormonal receptors in evaluation of endometrial carcinoma patients to accurately comment on patient outcome.

A case series on endometrial cancer in multipara and their prognostication based on IHC markers by Revati Nitin Rathod et al from Dept. of Obstetrics and Gynaecology & Dept. of Pathology, Smt Kashibai Navale Medical College, Pune, Maharashtra, India.

Pure mucinous breast carcinoma (PMBC) is even rarer and accounts for about 2% of all primary breast carcinoma. It is composed entirely of tumour cells with abundant extracellular mucin and without admixing of infiltrating ductal carcinoma. We studied a total of ten cases of Pure Mucinous Breast Carcinoma. Here we describes each case of demographic features and histopathological features of PMBC. The results of immunohistochemistry of Estrogen receptor (ER), Progesterone receptor (PR), Human epidermal growth factor receptor 2(HER-2neu) were also noted in this case series. All the cases were female and above 50 years of age. Out of 10 cases, 6 cases have the tumour's location on the left side of the breast and 4 cases have the tumour's location on the right side of the breast. All the cases belong to the lower grading and staging of the tumour. Only one case had positive lymph node status. Hormone receptor status of all the cases has ER & PR positive expression, HER-2neu negative expression and low Ki 67 labelling index. To conclude, PMBC was associated with lower-grade tumours, lower-stage, infrequent lymph node metastasis and luminal type A hormonal receptor status. These favourable findings suggest that PMBC has a better prognosis and may give a better response to hormonal therapy.

Case series of pure mucinous breast carcinoma: A rare histopathological subtype by Rita Yadav et al from Dept. of Pathology, Prasad Institute of Medical Sciences, Dept. of Pathology, King George's Medical University & Dept. of Thoracic Surgery, King George's Medical University, Lucknow, Uttar Pradesh, India.

We have case report.....

A case report of a first trimester missed abortion which unfolded into an emergency subtotal hysterectomy by Parameswari Manickavasagam et al from District Government Headquarters Hospital and DNB Postgraduate Teaching Institute, Cuddalore, Tamil Nadu & Dept. of Community Medicine, Sri Manakula Vinayagar Medical College and Hospital, Puducherry, India.

We try to sieve all articles by expert, peer reviewers to get best of best and new article for readers

IJOGR is a one of the best open access journals that publish the most complete and reliable source of information on new development in field of obstetrics and gynecology and provide access online without any restrictions worldwide.

Individually we achieve, together we excel...

Regards

Manish Pandya
(MD FICOG FICMCH)
Professor and HOD
Scientific Research Institute
Mahavir Hospital
Surendranagar 363001
Gujarat, India
drmanish.pandya@gmail.com